

Housekeeping
as a
Profession

The Tribune Institute

At Your Service

In the
World
of Women

Cold Weather Breakfasts Served in Twenty Minutes

Planning and Shopping for Breakfast

By VIRGINIA CARTER LEE

THE American breakfast is a hard meal to plan, when maids must be handled with the greatest of tact, mornings are dark, breakfast an hour earlier and the standbys—bacon, ham and eggs—are as high priced as they are now.

To meet the first difficulty (and also to relieve the housewife when she is both cook and caterer) the breakfast menus suggested, with the exception of the cereals, can be cooked inside of twenty minutes with the assistance of a gas range; the cereal (when cooked) being either prepared the day before and reheated in the morning or else cooked in the fireless cooker overnight.

Frequently, too, when the wage-earner thinks he cannot spare the time for a separate fruit and cereal course, they may be combined, as in the steamed oatmeal with raisins and in the baked apples with cooked rice.

Eggs selling at 72 cents a dozen should not be used every morning for the main breakfast dish. Three times during the week is sufficient, and it is well to remember that, while the "man of the house" will probably require two eggs when served plain boiled or "coddled," one will generally be enough if served with a good sauce and toast, as in the poached eggs à la Creole, or backed with sauce and cheese, as in the recipe for eggs à la Martin.

Even at a relatively high price, eggs are one of the most valuable forms of food, and there is very little waste. As the white is albuminous, the correct cooking temperature is from 160 degrees to 180 degrees Fahrenheit. Thus cooked, they will be tender, soft and jelly-like, and very easily digested.

The question of a cooked or uncooked cereal is one of individual preference; the cost of the package cereal is greater, especially when the home-cooked grain is prepared in the fireless cooker. For

variety the cereal may be occasionally omitted, and dishes like scrapple (corn-meal), cereal muffins, gems or griddle cakes served instead. With both milk and cream advancing in price, this means a decided saving, as the top of the bottle may be used for the morning coffee and the skim milk used in the cereal recipes, when it would not be acceptable on the plain cooked or uncooked cereal.

The cost of the different breakfast menus will depend largely on where the housewife obtains her supplies and their quality. It is here that the caterer must use her best judgment and determine whether the prices asked are due largely to the upkeep of an exclusive market or if the higher cost is for extra quality that counts in actual food value, flavor and economy.

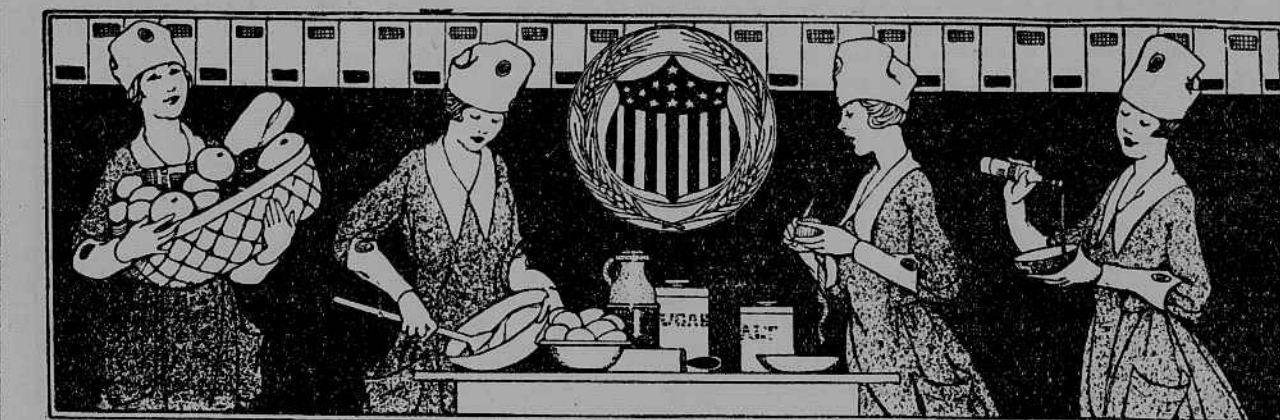
Big oranges bought by the dozen give you more for your money, but mere perfection of color and appearance represent no real advantage.

Many of the shops are selling butter for from 55 to 75 cents a pound, the former for the storage product and the latter for the freshly churned, sweet butter. "You pay your money and you take your choice."

Eggs are also quoted at different prices, from the cold storage at 59 cents a dozen to the nearby "White Leghorns" that are sold as high as 92 cents a dozen. It is the better plan, I think, to use one of the cheaper, reliable grades for all culinary purposes and reserve the higher priced ones for poaching or boiling. The complexion of the egg, however, is a negligible quantity, or should be.

In comparing the costs of the different breakfast menus, served for four persons and using food materials of good quality, although not those of fancy grades, the cost of those for the first and second days is 55 cents and 58 cents, respectively.

Cream costs 96 cents a quart, 48 cents a pint, 24 cents a half pint and 13 cents for a gill. Milk ranges all the way from 12½ cents for bulk milk, to be carried home, to 17½ cents for the Grade-A, delivered in bottles.



TWO DAYS' MENUS

Breakfast	Luncheon	Breakfast	Luncheon
Steamed Oatmeal with Raisins	Fish Cakes	Baked Apples Stuffed with Rice	Pepper Pot
Coddled Eggs	Quick Biscuits	Sausage Cakes	Rye Bread
Coffee	Apple Whip	Coffee	Waffles
			Honey
Dinner	Dinner	Dinner	Dinner
Chicken and Veal Pilau	Fried Flounder	Baked Potatoes	Buttered Carrots
Spinach	Buttered Carrots	Mirirlons	
Prune Pie	Celery		
Breakfast Menus for Four	Breakfast Menus for Four	Breakfast Menus for Four	Breakfast Menus for Four
Stewed Dried Fruit	Sliced Oranges	Baked Apples with Raisins	Fried Scrapple
Poached Eggs à la Creole	Meringue Oatmeal	Cinnamon Toast	Coffee
Nut Bread Toast	Bread Griddle Cakes	Coffee	
Coffee	Syrup	Coffee	
(Cost, 60 cents)	(Cost, 70 cents)	(Cost, 56 cents)	
Halved Grapefruit	Stewed Winter Pears		
Corn Flakes	Barley Mush		
Eggs à la Martin	Browned Vegetable Hash with Diced Salt Pork		
Raised Potato Biscuits	Toast		
Coffee	Coffee		
(Cost, 68 cents)	(Cost, 50 cents)		

Courage Needed in the Kitchen

The Lady from Philadelphia wrote frankly to her mother-in-law in this wise: "I have a very good cook, but I am afraid to go into the kitchen for fear I may unwittingly offend her."

The Queen of the Home has abdicated in the cook's favor. If the lady from Philadelphia were an isolated case, she would not worry us. We fear she is a type. And we fear further that she has good reasons for her tremors. A training camp for housewives is needed in these war times. What kind of weapons should the Lady of the Manor carry when she ventures to tread in her own kitchen and pantry and exhibit a vulgar interest in her own sugar firkin and flour barrel?

Obviously there can be neither dignity, self-respect, efficiency or stability in such an organization. It sounds like Bolshevism on a miniature scale. It is a problem that must be faced. Neither

open warfare nor craven submission will bring any lasting peace.

The maid and the mistress whose letters are given on this page are agreed as to the conditions existing. What is to be done about them? Domestic service must be dignified, the social stigma removed from it, and the work must be standardized if it is to attract a class of workers who will give intelligent, loyal service—who will put any spirit into their job.

Women must make a business of housekeeping. This does not mean washing your own dishes if you can possibly get any one else or any mechanical device to do it for you. A rather delicate little woman found herself marooned on her country place this last summer with three small children and no servants to be had for love or money. She says

that the electric washing machine saved her life, literally.

Most women underestimate the value of tools and of system. They can be made to serve one well in this painful interim while we are working out some solution of the problem along broader lines. Simpler living, part-time servants, cooked food services, increase of salary based on length of service and vacations with pay, which we take for granted in other lines of work—in short, putting domestic service on a par with other kinds of labor—all these things will help. There is no panacea. This is a woman's problem, and it calls for all the wisdom and patience, courage and ability that one can muster.

Contributions to the discussion will be welcomed in The Tribune Institute.

ANNE LEWIS PIERCE,
Director.

Confessions of a Housekeeper

You have invited an expression of opinion on the ever fertile "cook-in-our-kitchen" question, and I wish to contribute my mite.

I think that the women of America are moral cowards and I include myself among them. We are ready and willing to serve canteen meals all night, to be on call ready to drive a car or an ambulance, to sell Liberty bonds or war savings stamps or collect Red Cross funds twenty-four hours on a stretch; we conduct streetcars, we run elevators, we work in munitions, we do everything and all things without complaint, but ask any one of us to go into either our own or some one's else kitchen and we simply fade away.

We leave that important domain literally in the hands of the enemy, and the enemy knows and profits thereby. When we entered the war did we have the nerve to go into our kitchens and dismiss the enemy aliens therein? No! We urged our husbands to get rid of their alien helpers, but—"It's almost impossible to get help," we wailed—and the Teutonic

cook, waitress, chambermaid or butler was unmolested.

Confession is good for the soul and I hereby confess. I have had a Hungarian cook. She has two sisters who are also cooks and who work in the homes of Germans. I put my kitchen on a Hoover basis as soon as we entered the war.

I was conscious of reluctance, but I was busy in the food campaign and overlooked things. For over a year there has been this insidious warfare waged in my kitchen, and I have been too busy and too weak to say "Go." How many more are like me? How many more women in this country are buying meat three times a day for the kitchen, and observing meatless days for the family table? How many are insisting on war bread for the family while catering to the taste in the kitchen which cannot digest anything but white bread? How many are sacrificing all sugar in order to keep the kitchen coffee cups well sweetened, all because we are too busy and too weak to face the prospect of doing our own work? MRS. C.

Devices That Save Fuel

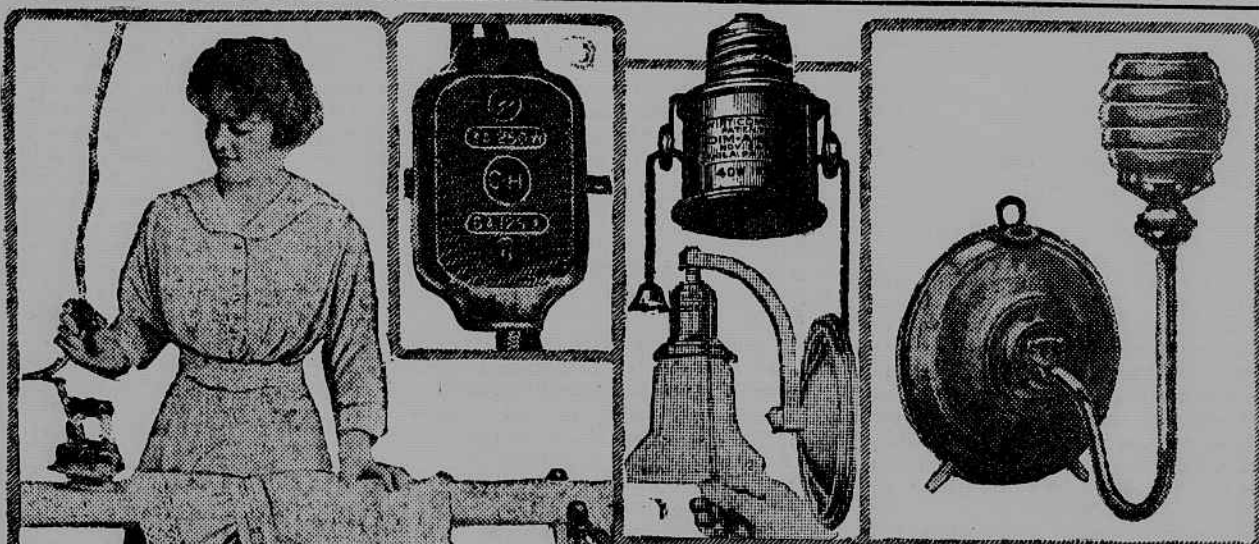


FIG. 2

- (1) The push button switch that saves current
- (2) A device for dimming the electric light
- (3) Kerosene night lights are softer and save both gas and electricity

FIG. 3

Institute Tested Recipes

Stuffed Squash Creole

1 crook neck or patty pan squash, 2 tablespoonsful chopped red pepper, 1 cupful bread crumbs, ¼ tablespoonful salt, 1 cupful chopped firm tomato, 2 tablespoonsful minced ham, 1 tablespoonful coddled onion, 2 tablespoonsful melted oleo, ½ teaspoonful paprika.

Cut out a piece of the squash at the stem end and carefully remove seeds and soft pulp. Estimate the amount of filling needed and for each cupful of bread crumbs add the proportion of other ingredients that are given in the recipe. Run all through the meat chopper and lightly fill the squashes with the mixture. Fasten the cover on with toothpicks and steam until tender. When done, cut in slices and serve with a tomato sauce.

MRS. M. J. S., New York City.
This recipe will furnish a very good main dish for luncheon or dinner and may be the means of using but a tiny portion of ham that might otherwise be wasted. With a tomato sauce this dish will yield five appetizing servings at a cost of about 40 cents.

War Macaroons

½ cupful corn syrup, 1-16 teaspoonful ground nutmeg, 1-16 teaspoonful cinnamon, 1 cupful rolled oats, 1 egg, 1 tablespoonful allspice, 1 tablespoonful melted butterine.

Combine the ingredients in the order given, drop by teaspoonful on a well greased baking sheet and bake in a moderate oven.

H. B. T., Florence, Ala.
A recipe for cookies with neither sugar nor wheat should be welcomed with applause in the Hooverite kitchen. These cookies become stiff and almost brittle immediately after baking. If they are to be kept for any length of time they should be placed in an airtight jar otherwise they will soften. Fourteen of these cookies cost 12 cents.

Fish Curry

2 tablespoonsful butterine, 2 small onions, 1½ tablespoonsful any substitute flour, 1 cupful fish stock, 2 pounds any good pan fish, 2 tablespoonsful curry, 1½ teaspoonful salt, 1 teaspoonful Worcestershire sauce.

Melt butter, fry minced onion in it until a golden brown, add flour, curry and salt. Blend well and add the fish stock gradually. Mix together well and bring to a boil. Season with Worcestershire sauce and boil until slightly thickened. Fry the fish, pour sauce over them and serve very hot with a ring of well cooked rice around it.

MRS. M. T. E., New York City.
This recipe for a most savory fish curry is unusual and appetizing. This amount will generously serve four persons and costs less than 45 cents, using flourider at 18 cents a pound.

Peach Special

2 cupsful water, 1 cupful peach pulp, ½ cupful honey, Juice of one lemon, 1 teaspoonful gelatin, Juice and pulp from time soaked in ¼ one orange, 1 cupful cold wa-½ cupful whipped cream.

Bring the water and honey to the boiling point in a saucepan and cook for twenty minutes. Add the soaked gelatin to the honey mixture, and when all is dissolved strain. When cool add the peach pulp, the lemon juice and the pulp and juice of the orange, freeze slowly in an ice-cream freezer and top with a spoonful of whipped cream.

Mrs. M. J. S., New York City.
This dainty frozen dessert, made without any of the now precious granulated sugar, will be a delight to all those who gives a very pleasing and unusual flavor. The recipe will serve six persons, at a cost of about 45 cents. Canned peaches may be used.

WHEREVER we turn we see posters urging every one to save, save, save so as to buy more Liberty bonds, war savings stamps and donate more to the Red Cross, Y. M. C. A., Y. W. C. A., etc., but probably few have realized the saving in both money and coal made by eliminating unnecessary illumination and dimming the lights that must burn, but not necessarily at full candlepower. And it is savings in material and labor that help win the war even more than money.

In many homes, especially city apartments, it is necessary at night, owing to a dark hall, to keep an electric light burning, and in private houses a light must be burning in the front hall for the late arriving members of the family. How often in both cases a 40 or 50-watt lamp is used until late or early hours, when by the installation of a simple device the illumination could be reduced just like a gas flame.

This device has a screw base, which fits into a socket and is so designed that an incandescent lamp screws into it. Thus, by pulling on either of two chains, five degrees of illumination can be obtained, from "out" to "full." The device is small, unnoticeable, easily removed and can be used wherever a lamp socket is available. When the lamp is provided with a glass shade it is apt to cause the bulb to project beyond it, and therefore the model of the Dim-a-lite

which permits a shade to be attached should be used under those conditions.

The All-Nite-Lite Transformer is another device suitable for use in the bedroom, nursery, bathroom, etc. It is simply a miniature transformer designed to be inserted in a lamp socket and fitted with a small 2-candlepower Mazda lamp. It lights one comfortably about the room or hall, and will furnish ten hours' service at a cost of 1 cent, with electricity 10 cents per kilowatt hour.

If electricity or gas is not conveniently placed and there is a dark nook of the hall or stairs which should be illuminated, a small kerosene lamp, designed to be hung from the wall, serves the purpose admirably.

While devices of this nature do not make big savings in the electric or gas bill quickly, the accumulated saving in the course of a year makes their use worth while. Another point of consideration is the comfort accorded by removing the glare of the full light in the sick room or in the living room when it is not needed for reading or sewing.

Frequently electric current is wasted in the use of electrical appliances because the plug does not detach easily, and no push button switch being at hand, the heat is allowed to continue unnecessarily.

The C.H. Seventy-Fifty Switch, which is a push button switch, can be readily attached to the flexible cord of any table

appliance and is a most desirable convenience, since the current can be quickly turned on or off without the slightest effort. This device probably attains its highest efficiency on an electric iron, where frequently the heat must be regulated, and unless it can be conveniently done waste takes place, because the user will not take the trouble to continually connect and disconnect the cord.

TESTED AND ENDORSED FUEL SAVERS

(Prices subject to change)

Electric

Dim-a-lite. Price, \$1.25. Made by the Wirt Company, Armat and Lena Sts., Germantown, Philadelphia.

All-Nite-Lite. Price, \$2. Made by the General Electric Co., Schenectady, N. Y.

C. H. Seventy-Fifty Switch. Price, 50 cents. Made by Cutter-Hammer Manufacturing Co., Minneapolis, and 30 Church St., New York.

Kerosene

Little Beauty Night Lamp. Price, \$1. Made by Silver & Co., 304-314 Hewes St., Brooklyn, N. Y.

Glow Lamp. Price, 75 cents. Made by H. G. McFadden & Co., 38 Warren St., New York City.

Special Dishes and How to Make Them

Pepper Pot: an Old Colonial Recipe

Chop finely two each of green peppers, onions and beets. Melt one tablespoonful of oleo, add the chopped vegetables and stir until the shortening is absorbed. Add a scant half pound of tripe, cut in small cubes and one-quarter of a cupful of blanched rice. Add two quarts of cold water, one pound of veal knuckle and let simmer for two hours; then st' in one cupful of canned tomatoes and cook for twenty minutes. Remove the veal bone, skim, season to taste with salt and paprika and serve.

Chicken and Veal Pilau

This is a very hearty dish and it is made from a small can of boned chicken and a half pound of stewing veal, the total cost of the meat being 65 cents. Blanch three-quarters of a cupful of rice. Melt a quarter of a cupful of oleo in a saucepan, add the rice and stir until it has absorbed the shortening. Pour in three scant cupful of strained broth (liquor in which the veal has cooked), three-quarters of a cupful of canned tomatoes, two sprigs of parsley, one teaspoonful of salt and one small onion, stuck with three whole cloves. Cover and let cook for twenty-five minutes. Grease a large timbale mould and line the bottom with greased paper. Chop the chicken and the cooked veal finely, season to taste with salt and paprika and pack the rice and meat in layers in the mould, having the rice for the top and bottom layers. Bake in a moderate oven like a custard and unmould on a hot platter. Pack the mould solid and add a little butter to the rice if a richer flavor is desired.

Mirirlons

Cream a scant half cupful of oleo or other preferred shortening (half oleo and half beef drippings make a good combination) with half a cupful of mixed maple and brown sugar; add one egg lightly beaten, two tablespoonsful of sweet milk, one cupful of rolled oats, half a teaspoonful of baking soda, the same of ground cinnamon, one-eighth of a teaspoonful of ground cloves, half a cupful of sifted flour, half a cupful of chopped raisins and a quarter of a cup-

ful of chopped nuts. Drop by the spoonful onto a greased baking sheet. If the mixture spreads too much add a little more flour.

Poached Eggs à la Creole

Put one tablespoonful of vegetable oil in a frying pan, add one teaspoonful of finely chopped onion, and when the onion begins to color add half a can of tomatoes, half a minced green pepper, salt, celery salt and sugar to taste and three whole cloves. When the tomato is reduced one-half, press through a sieve. Have ready for each person a round of toast and a poached egg. Pour the tomato on a hot chop platter, lay on it the toast and on each slice place one of the eggs. Then pour over them two tablespoonsful of melted oleo, blended with one tablespoonful of vinegar. Serve immediately. Tomato catsup can be used in place of the tomato purée.

Bread Griddle Cakes

Grate sufficient stale bread to make one pint of crumbs. Add just enough water to moisten well and let stand for about ten minutes. Then add one lightly beaten egg, two cupful of sour milk, half a teaspoonful of salt, a teaspoonful of molasses, two level teaspoonful of baking soda and enough sifted Victory flour to thicken to the consistency of pancake batter. Bake on a hot greased griddle.

Eggs à la Martin

Melt two tablespoonsful of oleo, blend in two tablespoonsful of flour and add gradually half a pint of skimmed milk. Stir until it boils and add a tablespoonful of chopped parsley and salt and paprika to taste. Put half this sauce in the bottom of a shallow au gratin dish, bake into it four eggs, sprinkle with salt and cover with the remainder of the sauce. Dust with four tablespoonsful of grated cheese and bro' in a moderate oven until the eggs are set, about ten minutes.

Vegetable Hash With Diced Salt Pork.

This is a delicious quick breakfast dish and it can be prepared the night before, ready to cook in the morning. Cut the slices of salt pork into tiny dice and fry until well browned. Almost any leftover vegetables can be used (carrots, beets, parsnips, peas, beans and tomatoes being especially good), cooked potatoes being the basis. Blend the potatoes being the basis. Blend the potatoes with the minced vegetables, add salt and paprika and moisten with a little milk. (Do not get it too wet.) Heat some of the pork dripping in a frying pan, turn in the hash and stir until heated through; keep in a mound and let brown on the under side. Serve inverted on a hot platter.

Inside Information From a Cook

When I read "Disloyalty In Our Kitchens" in the Tribune Institute for September 22 I couldn't help but write and give my opinion and some of my experiences.

I am an American cook, the same as I read in your paper. My great-grandparents came from England, and I have been cooking for the last twelve years, and I must say it is the servants who get the best of everything. And they not only do not stop at taking the best themselves, but get hold of everything they can to give to their friends.

I have lived with Irish, Scotch, German and Swedish servants. To keep peace a cook must learn to do many a thing she wouldn't do if she hadn't to please the servants as well as the people she works for. I have lived with Swedes the last three places, and I must truthfully say when the sugar is hard to get they use as high as four spoonfuls in their coffee. They demand the best of everything, while a few years back they toiled in Europe from morning until night, eating food they will not look at now. They never made such wages nor they never received such good food, as they will say when they forget themselves.

The only way a cook can keep any thing is to lock it up when the rest of the servants are not aware of it. There is loyalty to this country in very few Irish, German or Swedish servants, and with all their disloyalty they will have the American flag hanging up in their rooms, wear the Red Cross button on their dresses, although they scorn the time they paid the dollar to the Red Cross.

Some have bought a Liberty bond and made sure to show it to the madam and ask her to keep it in the safe. When the ammunition plant blew up in Kingston they said, "Well, that's good; they may as well kill people here as in Europe." I have five brothers, one nightingale, the remaining four working at government work, and I am trying to do the best I can to keep peace and at the same time save all I can. But it is high time the ladies of our land looked into their kitchens and saw things for themselves. The servants who have the smoothest tongues are the very worst when out of the madam's hearing. Still, things go on the same as ever, while our boys are pouring out their blood across the seas, so our land may be kept free for these servants to live in and help support their relatives across the seas.

A MONTCLAIR SERVANT.

A November Dinner

By FLORENCE SPRING

Pork Tenderloins with

Vegetable Garnish

Concordia Apple Sauce

Johnnycake Crisps

Letture with Chile Dressing

Browned Crackers

Louise's Maple Rice Cream

THE occasional use of fresh pork

products is permitted by the war programme. Cut a tenderloin of pork into rather thin (half-inch) slices, let them marinate for a while in a little table oil, salt, pepper and grated onion; dip in beaten egg to which a little cold water has been added, then in crumbs and cook thoroughly in a frying pan. Lay in the centre of a hot platter or large chop dish. Arrange mashed potato around the edge in a border and at each side make a nest in the potato and fill with different vegetables—button onions, diced beets, diced carrots, Brussels sprouts, or canned peas or string or shell beans may be used. Dress each of the vegetables liberally with melted butter and serve all very hot.

Chopped meat balls or a flank steak may be substituted for the pork cutlets.

Concordia Apple Sauce

This is simple apple sauce made in

the most perfect manner possible. Pare

and cut into eighths mellow, tart apples; put into a boiling syrup (one-fourth cup of sugar to one-half cup of water, making enough to cover the bottom of the kettle at least two inches), cover tightly and boil without stirring as rapidly as possible, until the apple is transparent and well cooked. If you try this method you will never make apple sauce in any other way.

Johnnycake Crisps

To one cup of yellow cornmeal add boiling water until it is of the right consistency to spread, add one-third teaspoonful of salt, one-half teaspoonful of sugar and two tablespoonsful of milk and spread one-fourth inch thick on the bottom of shallow buttered baking tins; mark into squares and bake in a hot oven until a light brown; break and serve hot.

Chili Dressing

Make the usual French dressing and just before serving shake in a tight Lightning jar until very thick, and add two tablespoonsful of Chili sauce to each half cup of dressing.

Louise's Maple Rice Cream

This is particularly good for a simple

pudding. To one quart of whole milk in the double boiler add one-half teaspoonful of salt, one-third cup uncooked rice, one teaspoonful of butter or oleo and four tablespoonsful of maple syrup. Cook until rich and thickened, two hours or more, stirring frequently. Eat warm with no sauce or cold with cream. It may be set in the oven and browned.